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Security

**OBSTACLE COURSE OPERATION**

**COMPLIANCE WITH THIS PUBLICATION IS MANDATORY**

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This instruction establishes the policies and procedures to be followed prior to and during the use of the Security Forces Confidence Obstacle Course (SFCOC) located at Grand Forks AFB. This instruction applies to all personnel planning to use the obstacle course, and certain areas must be completed prior to using the course.

**1. Responsibility.** Each individual is responsible for following the principles and guidance in this regulation. Individuals must complete evaluation and warm-up exercises before using the course.

**2. Specific Responsibilities.** The NCOIC of Security Forces Training and the 319 SFS Unit Safety Representative must work closely on all matters concerning the obstacle course.

**2.1. The NCOIC of Training will:**

- 2.1.1. Act as facility manager for the course.
- 2.1.2. Contact Civil Engineering (CE) in the event maintenance is necessary on any obstacles or if vegetation control is necessary during summer months.
- 2.1.3. Close the affected area of the course if repairs to a damaged obstacle are not possible, and keep the area closed until repairs are made. The closed area will be marked with signs and/or ropes as necessary.
- 2.1.4. Be the point of contact for all personnel and agencies wanting to use the course.

**2.2. The 319 SFS Unit Safety Representative will:**

- 2.2.1. Be the point of contact for all injury notifications should an injury occur on the SFCOC.
- 2.2.2. Conduct annual inspections of the course. Random inspections will be conducted, as well as inspections each time the course is used. Items checked include:
  - 2.2.2.1. Cleanliness.

2.2.2.2. Running areas.

2.2.2.3. Each obstacle.

2.2.2.4. Any discrepancies will be reported to the NCOIC of Training.

**2.3. Prior to course utilization, agencies will report to the Training Office (Bldg. 515) and provide the following information:**

2.3.1. Number of personnel that will be using the course.

2.3.2. Name of the supervisor that will be responsible for the training being conducted. This person will also be responsible for:

2.3.2.1. Clean up of the area after use.

2.3.2.2. Safe conduct of all individuals on the course.

2.3.2.3. Ensuring all individuals complete warm-up exercises prior to using the course.

2.3.2.4. Completion and qualification of all personnel using the course.

2.3.2.5. Reporting any potential or actual hazards to the 319 SFS Unit Safety Representative (Bldg. 515).

2.3.3. Indicate the date and time the course will be used. OICs/NCOICs of competition teams such as Peacekeeper Challenge, Olympic Arena, etc. may provide telephone notification of all training dates and times.

2.3.4. Security Forces conducting training will checkout a portable radio from the Armory.

2.3.4.1. The supervisor responsible for course training will notify the Security Forces Control Center (SFCC) of any injuries and request assistance.

2.3.4.2. The SFCC will document all actions in the Security Forces Desk Blotter.

2.3.4.3. Agencies such as the Flight Surgeon and Civil Engineering will use their own radios to request emergency assistance. The SFCC will respond accordingly.

**3. Obstacle Course Rules.** The following rules must be adhered to at all times while using the SFCOC.

3.1. There must be at least one observer (with radio) present at all times while the course is being used.

3.2. All personnel must be thoroughly briefed on the provisions of this instruction.

3.3. Beverage containers and food wrappers are prohibited on the course.

3.4. Personnel must wear clothing that will not restrict movement or expose skin to the abrasives of the obstacles.

3.4.1. Military personnel using the course during duty hours must be in uniform; however, the BDU blouse may be removed while running the course.

3.4.2. No person wearing a brace or wrap will be allowed to run the course.

3.4.3. The course supervisor will be responsible for ensuring these standards are met.

- 3.5. All personnel must complete warm-up and fitness evaluation exercises. Any person unable to complete any part of the warm- up/evaluation process will not be allowed to run the course.
- 3.6. Safety is of paramount concern. An obstacle should not be attempted if it cannot be negotiated without injury or in compliance with this regulation.
- 3.7. Report any safety discrepancies immediately to the 319 SFS Unit Safety Representative or the NCOIC of Training.

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Commander